



Christ Church Cathedral School

912 Vancouver Street
Victoria, British Columbia
V8V 3V7

Telephone (250) 383-5125
Facsimile (250) 383-5128
cathedralschool@cathedralschool.ca

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Dear Parents and Guardians,

This week kicks off the Speech Festival in Victoria. Participating students in grades four to eight performed their duologues this past Monday. Congratulations to all our students. All reports indicate they did very well! This Friday grades one and five students will be performing at St. Matthias Anglican Church on Richmond Avenue, which is just past our Junior Kindergarten facility. Students do best with an appreciative audience; especially when they can see their family smiling at them from the pews, so if you are available, please drop by.

Our Spring Fair is just over a month away and Todd has been busy organizing our volunteers. Our silent auction plays a significant part in our fundraising efforts, and every year many parents canvass businesses they frequent to seek unique and exciting donations. You will find attached to this newsletter a letter of introduction to use when contacting local businesses.

Every year, our fundraising is directed toward a major project determined by the school and PSG. This year, we want to launch a pilot program that will tie in with the new BC Curriculum. We see a huge opportunity to leverage the collaborative and technological skills our young people are developing in a way that allows them to better connect with each other, to learn first-hand about global and local issues, and to develop ideas and solutions for those real world problems. That is compelling learning! Your efforts will help support this new and important initiative.

Have a wonderful day,

Stuart Hall

Weekly Calendar For detailed listings, see: <http://cathedralschool.ca/about-cccs/school-calendar/>

Friday, April 22	<ul style="list-style-type: none"> ▪ Speech Festival - grade 1 - 9:15 - 10:15am @ St. Matthias ▪ Speech Festival - grade 5 - 1:30 - 2:30pm @ St. Matthias
Monday, April 25	<ul style="list-style-type: none"> ▪ Grade 4 & 5 gymnastics ▪ Grade 6 LIMSSA Badminton at SMUS
Tuesday, April 26	<ul style="list-style-type: none"> ▪ Track Practice 7:10 - 8 am ▪ Grade 4/5 badminton at SMUS
Wednesday, April 27 Chapel Day	<ul style="list-style-type: none"> ▪ Grade 7 LIMSSA Badminton (location TBD) 3:30 - 6:00pm
Thursday, April 28	<ul style="list-style-type: none"> ▪ Track Practice 7:10 - 8 am ▪ Grade 8 LIMSSA Badminton @ Claremont (TBC) 3:30 - 6:00pm
Saturday, April 30	<ul style="list-style-type: none"> ▪ Independent Art Show at Selkirk Montessori 10am - 3pm

Upcoming Events, News & Important Information:

Reminder: With the beautiful weather, we remind our students to be *sun safe*. Please ensure your son or daughter has a hat, sunscreen and plenty of water if they are going to be outside for sporting events or field trips.

Fruit & Veggie Donations: THANK YOU to everyone for supporting our 3rd Fruit/Veggie collection of the year. So far we have delivered 422 pounds of produce to the St. Vincent de Paul outreach office on View Street to help the disadvantaged of our city. We were informed yesterday by the SVDP staff that many of the clients are seniors and young families who are so appreciative of the fresh food they receive. In May we will be collecting on **Tuesday and Wednesday May 24th and 25th**. Thank you for your continued support.

~ The grade 8 class

Independent School Art Show at Selkirk Montessori School on Saturday, April 30th from 10am - 3pm. Grade five students will each have one of their art class creations on display and the grade eight class collaborative art project commemorating The Terry Fox Run will also be on display. Come by to view some great artwork from local students and support our CCCS entries!

Yearbook: Last Chance for Yearbooks! Get them now before they are gone! We have around 20 yearbooks left so get your orders in ASAP to guarantee your child has an album of amazing memories for this school year. Books are \$35, so please submit your order forms with cash or a cheque made out the school. Alternatively you can order online at: www.ybpay.lifetouch.com using the yearbook code: 11633416.

If you have misplaced your order form please check in at the office for an extra copy. We are looking forward to sharing our final product with you soon!

Thank you so much for your support,
The Yearbook Team



SUMMER PROGRAMS



Summer Program Registration: Registration forms for the Lux Mundi Summer Program are available in the office or from the school website. **Please note the registration deadline of Monday, May 2nd.** Advance notice is required to arrange for adequate staffing and field trip planning for the summer program.

Summer Technology Camps: This summer CCCS will be offering 3 varieties of technology camps: *Lego Mindstorms*, *Minecraft* and *Scratch Programming*. Week-long camps run throughout the summer. To register, check with the office to see if there is space available, then you may pay by cheque at the office (it may be post-dated) or by credit card online. Registration is confirmed upon receipt of payment. Schedule is posted on our website.

NEW THIS YEAR: Two new camps are being offered this summer:

1. Sports Camps — Join the team! Develop skills in baseball, soccer, volleyball and basketball. Ages 6 - 8 / 9 - 12. A schedule and details will be posted on the website when available. See the office to get your child's name on the list. \$189 per week includes a *CCCS Sports Camp* T-shirt.

2. Theatre Camps — "*All the World's a Stage*". Our new Faith teacher, Kate Newman will be offering Theatre and Fine Art Camps from July 11 - August 12. Week-long camps are 1/2 day (3.5 hours) for \$125/week. Through improvisation, imagination and collaboration, students will build and perform a play. Performance for parents at the end of each week. See the office to register. Details and payment online when available.

Student Led Conference K - 3

It's that time of year again when we check in with our learners and gain an understanding of their learning path throughout the year. This great afternoon of connection is set for **Friday, May 6th from 12:30 - 4:00**. The Kindergarten through to grade 3 classes will be on an appointment sign up of 25 minute appointments, scheduled on the 1/2 hour - starting from 12:30 - 4:00.

Intermediate and Middle School Classes Grade 4 - 8 - Celebration of Learning

Grade 4 through to grade 8 will be an 'Open House' format from 1 - 4:00, where you can plan to visit your son or daughter's classes and celebrate their learning, as well as visit the middle school classes to get excited about the learning to come! Please plan to spend 30 minutes for this gallery walk to view and celebrate your learner's accomplishments.

May 6th is considered a regular school day until lunch time. The children will eat their lunch and then head outside for some fresh air. (Parents are welcome to collect their children until their conference time) The students staying at the school will be in Lux Mundi Care until the time of their conference. At that point, the parents are then asked to come to the playground, collect their children and head to their class at their appointment time, or during the open house in the upper classes.

Class & Whole School Photos will take place on the morning of **Tuesday, May 10th**, weather permitting. An order envelope for the “Whole School” photo is coming home with your child today. Each child will automatically receive one complimentary copy of their class photo but the photo of the whole school costs \$10.00 and needs to be ordered. It is an 8x10 print. If you are ordering, please have your child give their envelope, money enclosed, to their teacher on May 10th.

CCCS Spirit Week is May 16th -19th. Stay tuned for fun activities and theme days brought to you by the Student Council!

Talent Show: Keep practising! The annual CCCS talent show will be held on **Thursday, May 19th**.

Spring Fair: Mark your calendars! The Cathedral School & Parish Spring Fair will be held on **Saturday, May 28th**.

We are looking for sponsors for all activities (Hamster Balls, Dunk Tank, Bumper Balls, etc.). If anyone is able to help, please email or speak to Todd. Thank you!

Classroom reps will be communicating information about Theme Baskets, Silent Auction requests, and volunteers needed.

Cambridge Uniforms Fitting Day: Wednesday, June 1st from 2:00 - 6:00pm. Please sign up at the office to arrange your specific timeslot.



For the latest news from Christ Church Cathedral, click the link below:

<http://eepurl.com/bX4sJ1>



KEEPING ACTIVE CHILDREN HYDRATED

Active children often need to be encouraged to drink to prevent dehydration (not enough water in the body). Water is the best choice to keep children hydrated. Other good choices are milk and fortified soy, almond or rice beverages.

Sports drinks are over-used and are high in sugar and calories. Sports drinks are intended for rehydration for non-stop physical activity lasting longer than one hour. Energy drinks are not recommended for children.

Keep active children hydrated:

- ◆ Offer water often, especially during activity.
- ◆ Provide water or milk and watery snacks like watermelon, cucumber or smoothies after activity.
- ◆ Avoid or limit juice to 1/2 cup a day.

Is your child's water bottle safe?

Disposable plastic bottles that are filled with water, pop, sports drinks, etc., should not be reused. Use stainless steel bottles or bisphenol A-free (BPA-Free) plastic bottles that are designed for reuse.

Reusable water bottles:

Wash water bottles well by hand each day. Dishwasher water does not reach all parts of the inside of the bottle and may not be the best way to clean bottles. Recycle any bottles that show signs of wear such as scratches, dents, or a cloudy, cracked appearance.

For more information:

- ◆ Call HealthLinkBC at 8-1-1 and ask to speak to a Registered Dietitian or visit www.healthlinkbc.ca/healthyeating/.
- ◆ What's in a bottle? From Sports Drinks to Vitaminized Water: <http://coach.ca/sport-nutrition-s14783>
- ◆ Sip Smart!: www.bchealthyiving.ca/node/104